

# WHERE YOU STAND

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## *Family Reflection Workbook*

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# WELCOME— LET'S GET STARTED

Our family is where we begin.

We are shaped by our family life through connections, experiences, and events that influence us in ways we do not always fully understand.

I created this workbook for you.

It will guide you in exploring your family background, helping you see it more clearly and with less judgment.

Go at your own pace and take breaks when needed.

This is a space for reflection, not perfection.

There are no right answers here, just curiosity and honesty.

Enjoy!



# FAMILY CONSTELLATIONS

*Family Constellations isn't about analyzing every detail of the past; it's about seeing.*

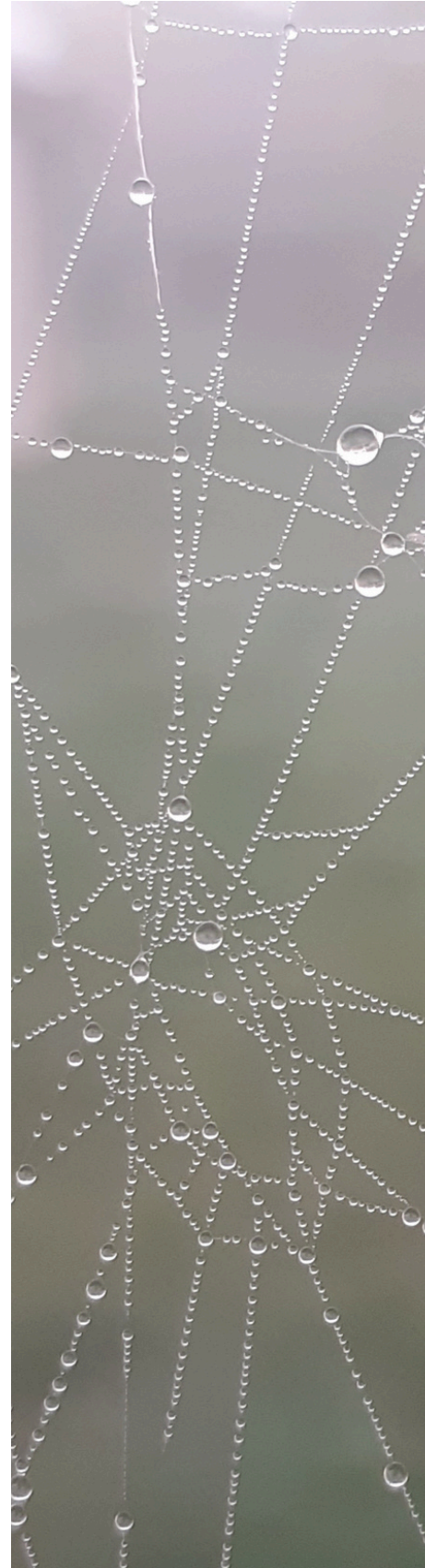
*Seeing who belongs and who might have been left out or forgotten.*

*Seeing where you might be holding onto something that isn't yours to carry.*

*Recognizing these patterns can bring clarity, relief, and change.*

*When these dynamics become evident, something inside begins to shift — not because we force change, but because awareness creates room for a new beginning.*

*By revealing and acknowledging the inner truth, the flow of love can be restored and ancestral support can be received.*





# MY PLACE IN THE FAMILY

*Find a cozy, comfortable place free of distractions. Feel the ground under your feet. Take three deep, slow breaths. Bring awareness to your body, noticing how it relaxes with each breath. Open your mind and heart. There is nothing you need to do. Simply notice your thoughts, feelings, and bodily sensations as you reflect on the following questions.*

*I am the.....child in the family.*

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*My older/younger siblings are...  
(including both living and deceased)*

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*I appreciate being a child to my parents  
because...*

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*I struggle being a child to my parents  
because...*

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*I feel as if I carry emotional burdens that  
belong to...*

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# FAMILY PATTERNS: WHAT REPEATS?

*Do relationship struggles seem to repeat in your family?*

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*Have there been experiences of loss or hardship that have had a lasting impact on your family?*

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*Is financial instability something that shows up repeatedly in your family?*

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*Have you noticed any health patterns that repeat across generations in your family?*

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# HIDDEN STORIES: WHAT IS NOT SPOKEN?



Are there family members rarely mentioned?

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Are there any secrets or "taboo" topics?

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Are there early deaths or major losses in your family history?

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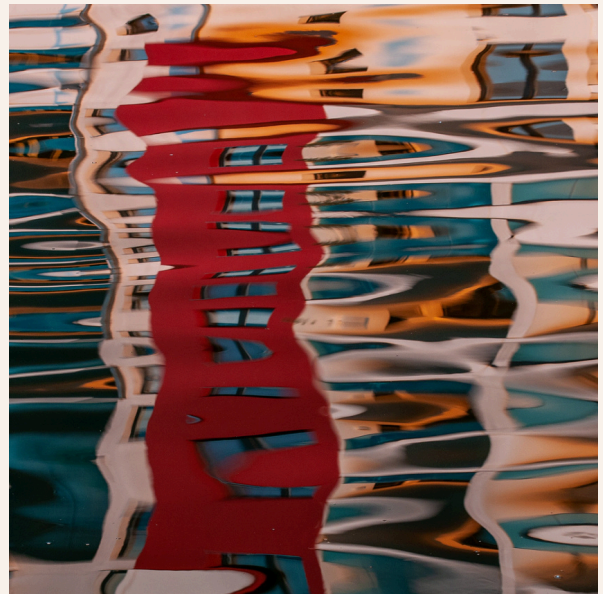
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# WHAT STOOD OUT TO YOU?



What surprised you?

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What felt most emotional?

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What feels clearer now?

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*Thank you for being wonderful!*





## CONGRATULATIONS ON COMPLETING THIS WORKBOOK!

You've done something meaningful here. You paused, reflected, and gave attention to your family story. That requires intention and courage. Take a moment to recognize yourself for that. Even small steps like this matter.

If you feel a sense of curiosity to continue, you don't have to do this alone.

In my work, I support people in exploring their family systems, understanding patterns, and gently uncovering what may be influencing their lives.

If you would like to continue your journey, you are welcome to explore:

- One-on-one sessions
- Group constellation work
- My book, which offers more on family constellations

There is no rush.

Trust what feels right for you.



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